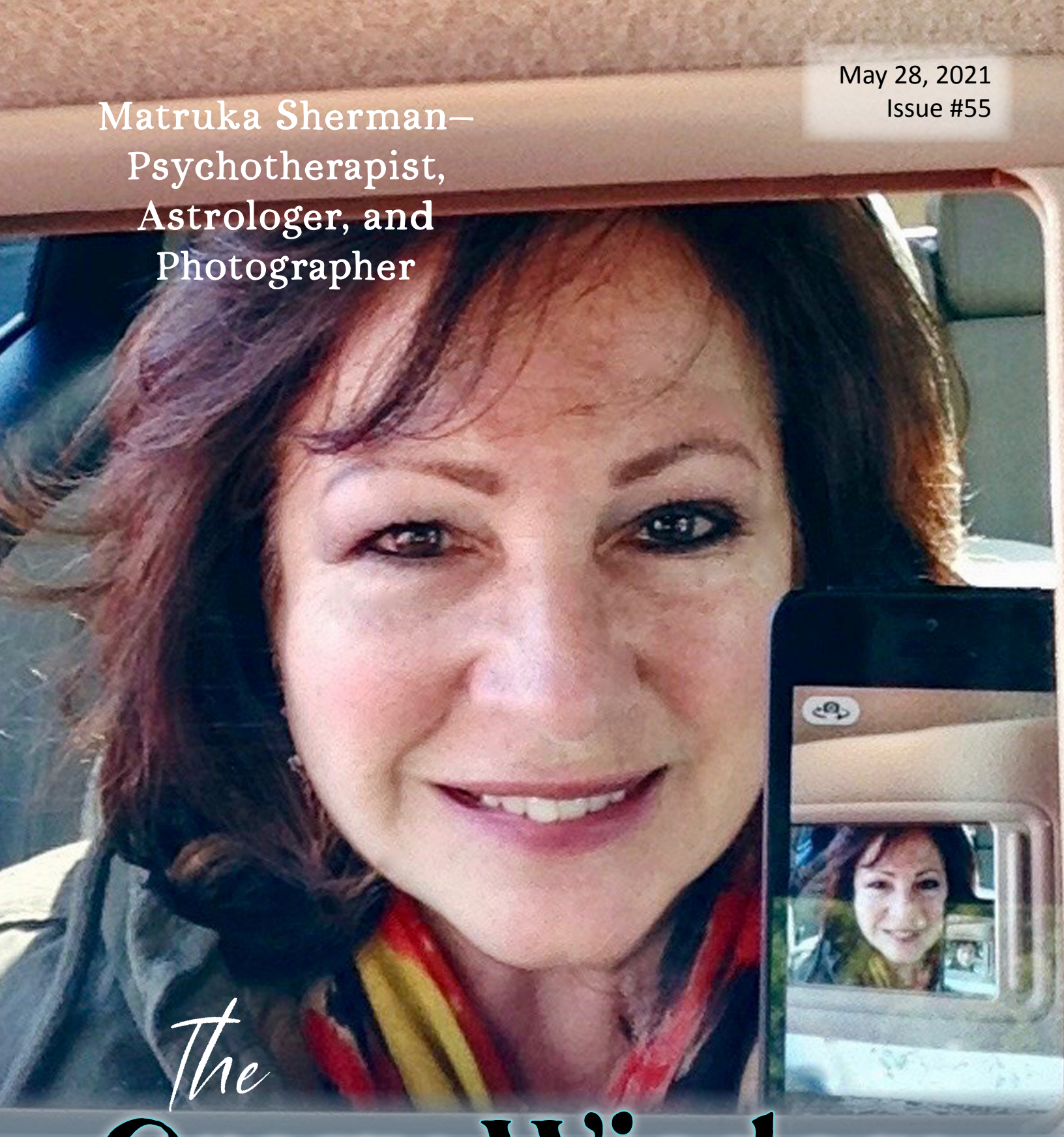
May 28, 2021
Issue #55

Matruka Sherman–
Psychotherapist,
Astrologer, and
Photographer



The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

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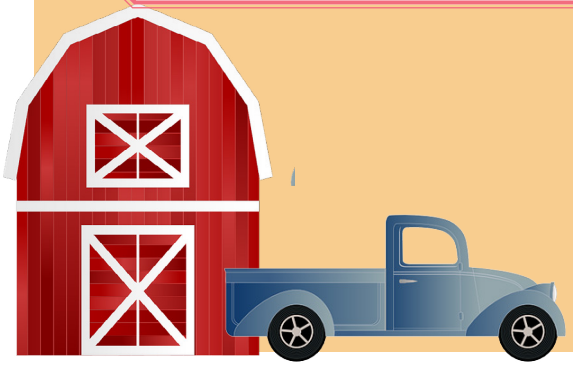
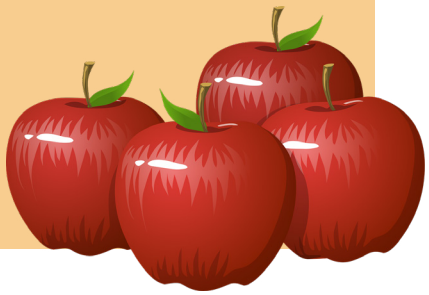
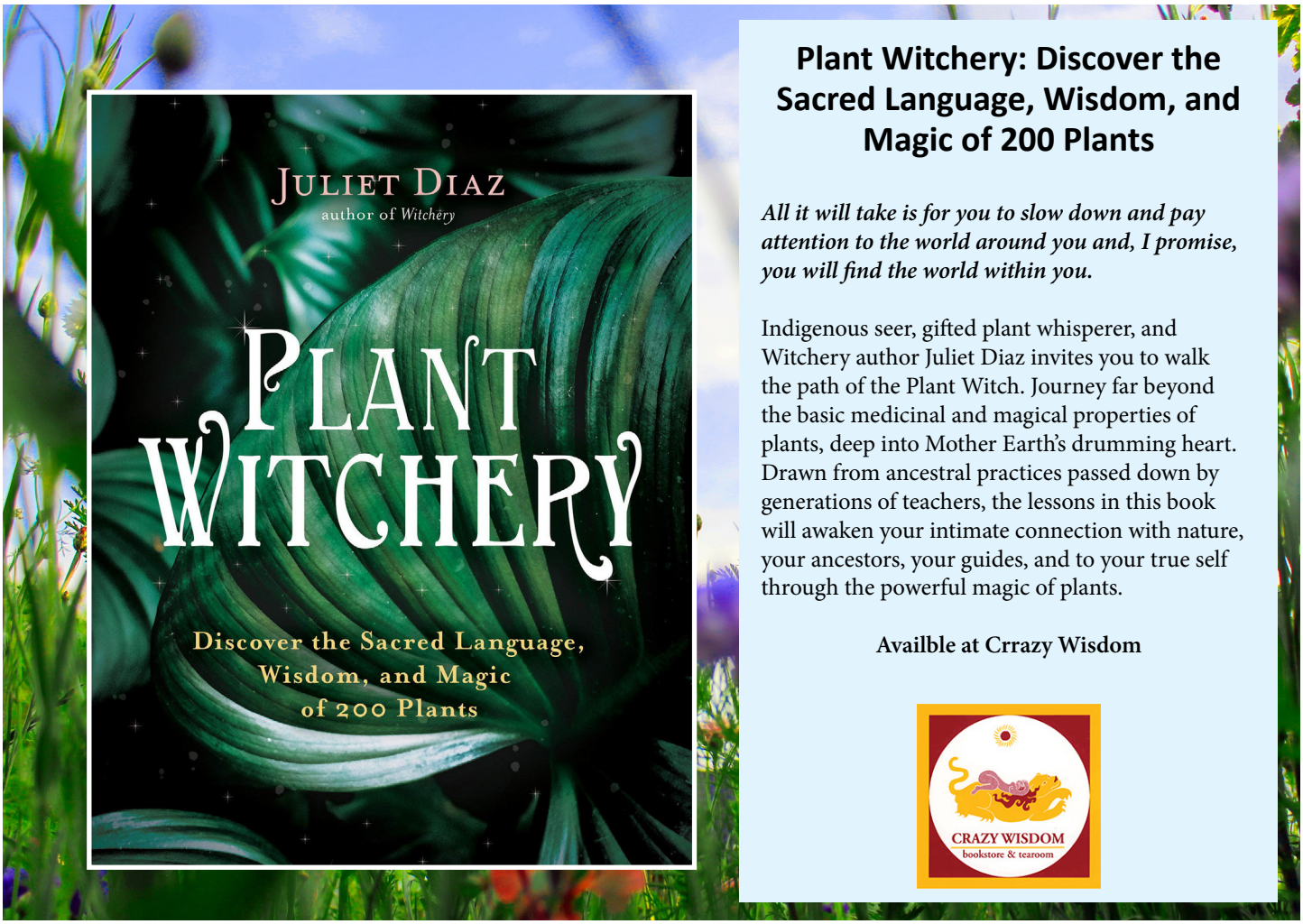
The Crazy Wisdom Community Journal is looking for a few good writers!

We're specifically looking for writers about food, farms, and local food-related cultural topics. But we're also always looking for writers on other topics for our holistic and conscious living magazine. If you are interested, email a cover note to us, and a few article ideas, to jennifer@crazywisdom.net.







Plant Witchery: Discover the Sacred Language, Wisdom, and Magic of 200 Plants

All it will take is for you to slow down and pay attention to the world around you and, I promise, you will find the world within you.

Indigenous seer, gifted plant whisperer, and Witchery author Juliet Diaz invites you to walk the path of the Plant Witch. Journey far beyond the basic medicinal and magical properties of plants, deep into Mother Earth's drumming heart. Drawn from ancestral practices passed down by generations of teachers, the lessons in this book will awaken your intimate connection with nature, your ancestors, your guides, and to your true self through the powerful magic of plants.

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Mary Spence
Matruka Sherman
Manish Mishra-Marzetti
Deborah Daiek
Mihael Oliver
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Lethologica

When you think of something but the word for it escapes you.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

From our Blog

One Thousand and One Ways to Create Space

By Mary F. Spence, PhD

My nature is to wonder. About things, phenomenon, and people. I come from a long line of teachers who taught me well about the importance of reflection. From a young age, I was intensely curious about how what is happening now is a reflection of the big picture. Whether it's by communing with others in deep conversation, a vigorous work out, playing with children, doing yoga, taking a walk in the forest, dancing, chanting, singing, reading or writing, playing with color in fabric, fiber or paint, I have long known that we encourage the presence of our best selves when we purposefully stop the whir of life regularly. I've listed some of my favorites, but there really are endless ways to open our hearts and mind to experience.

While spending time in spacious awareness, I found myself intrigued with the mindfulness movement. While I'm part of this movement and extremely gratified to see increased acceptance of mindfulness practices in education, I can't help but wonder, how did things get so crazy in the first place — how did reflection and contemplation get the short shrift in our lives? Understanding the significant changes that have taken place in the world at large provides a context for understanding how to make schools better places to work, learn, and send our children to.

This blog entry highlights our need to purposefully "create space" in our lives again as an essential aspect of well-being. Steve Jobs' goal to "invent things we didn't even know we needed" was pivotal in the technology industry's evolution and is now a fantastic part of this brave new world we are living in. But like most things that dramatically shift the landscape of our existence, we are often intrigued and excited by the wonderful things — and there are — that are now possible, without much realization of what we give up while gaining access. Sherry Turkle, Founder and Director of the MIT Initiative on Technology and Self, aptly notes that these technological advances come at a cost: "…. immersed in simulation, we are vulnerable. There are losses as well as gains. Older scientists describe a younger generation as "drunk with code." …From both sides of a generational divide, there is anxiety that in simulation, something important is slipping away."

Michael Spence, winner of the 2001 Nobel Memorial Prize in Economic Sciences speaks about this human-technology interface quite eloquently in The Next Convergence: "As humans, we first become aware of the world as it is. We see a snapshot of the world and the motion picture only much later. We seem to assume initially that the snapshot is a permanent state of affairs and not a moment in a journey with a constantly shifting landscape. Perhaps this is because fundamental change is, or seems, so slow. And perhaps also because change is hard to anticipate or to think in advance. Looking back is much easier."

Turkle's and Spence's commentaries help to frame the dialogue about how to consider our essential human need for connection, pausing and creating space. While Turkle notes the need for caution about the fully simulated life, Spence articulates how our humanness is limited in our ability to absorb a 'constantly shifting landscape,' which has increased to a dizzying speed. Here mindfulness can exert meaningful influence on our societal trajectory.

Though people today often view the varied and endless activities that allow us to have more spaciousness as irrelevant, unproductive or superfluous, with some gentle encouragement, most everyone can remember how important taking a moment and doing so regularly, can be to their daily lives. Recently, Newbery Medal winner Neil Gaiman said his ideas for what to write about come from "daydreaming." This is a space we all can find ourselves in, sometimes when we least expect it. Using mindfulness practices is purposefully creating a similar space to allow, consider, and notice what's going on for us. By doing so, it provides some insulation from some of the driven-ness rampant in our society and the subsequent heightened level of reactivity that can ensue. Developing a mindful way of life is an excellent and efficient way to be more spacious about our present moment experience. Accessing our intuition can also remind us of our interconnectedness in a way that enhances our intentions to be more authentic not only for each other, but also for ourselves. Don't believe me? Sit down with a small child you love to read one of their favorite books without distraction and you'll remember :)

Read the rest of the article online.

Embracing Uncertainty

with Astrologer, Photographer, and Psychotherapist Matruka Sherman

By Matruka Sherman

We have all experienced how the work environment has changed over the last fourteen plus months. Things that would have taken us 5 to 10 years to set in motion have accelerated, virtually overnight.

Our ability to connect with others all over the globe has been transformed with the click of a single button. The ability to make a living through technology has made more progress in these last few years than the last 100. Our world has changed in the blink of an eye.

We can say thank you to the planet Uranus for this, as it moves through the sign of Taurus. In short, the advance of technology in the sign of earned income, beauty, and what we value, is what is manifesting in extraordinary ways and with lightning speed.

As an astrologer, I knew something very significant was coming. And that it was huge. A client reminded me months later, that I had mentioned it in a session. I had said something was happening that was really important all over the world, but we weren't quite feeling it here. We had that initial conversation in mid-January. By mid-March we were meeting over a telemedicine site.

I am also a psychotherapist and have been seeing all my clients virtually. Sometimes it's more like a séance rather than a therapy session. "Can you hear me, M?" "I can hear you, but I can't see you." That is the most challenging piece. Sometimes the technology can be disruptive, but people have been more accepting during this time and we work together to make it happen. I am a trauma specialist and do a lot of EMDR which uses a bi-lateral stimulation and that has held up even on the phone when the tech won't load. In some ways, these tech glitches have provided more connection. I get invited into my clients' homes and get to see parts of their lives in a way I would never experience if we were in my office. I get to meet the fur babies and sometimes other family members, should they want to join a session briefly.

My third professional love is being a fine art photographer. I have been a photographer since my early twenties. I thought I'd need a survival job, so I decided I'd become an astrologer to support myself. Go figure. A friend had gifted me a reading with an astrologer for my birthday. The astrologer told me I had a good chart to practice professionally and that she was offering classes in the fall. I just thought she told that to everybody. But since I'd been reading astrology magazines since I was about 9 years old, I decided to study with her, and it made so much sense to me. I began making a living doing readings, writing columns, and teaching classes. Years later I wanted more credentials, and a different way to counsel, and so I went back to school to become a psychotherapist.

Covid Diva

How has the Pandemic changed my view of the world?

In some ways because I had no longer needed travel time, I was able to devote more energy to art. I created two pieces that are very much connected to the pandemic. "Covid Diva" is a nod to all the ways a mask can hide one's identity. We don't know who anyone is behind a mask. A young client of mine had a date with a guy who she thought was so cute. When he took off his mask, he was missing a tooth. For a while no one could see if anyone

was smiling under their mask. The mask in this piece is used for a Venetian masked ball. I wanted to suggest that this pandemic has opened up a lot of new ways of seeing things. Are others safe? Do we know who we are anymore? What are we hiding? How will things change from what this Diva suggests? And more specifically, what will we really know, when this pandemic is over, when she takes off her mask? Reveals herself? Who is she really? What gifts did she bring us?

What the pandemic has given me most is the ability to own my multi-dimensional beingness. I am a Renaissance Woman and I have often felt reserved about sharing that, but this year I decided to rethink and embrace this. I don't want to cover up what I love to do, these three very different professional loves of mine. I want to serve as a model for women to develop all their abilities and not feel like they are too much. The gift this pandemic has offered me is to own all the treasures I have been offered. These blessings were made to be developed, experienced, and offered in service.

Ascension Flu

So, in mid-December I started posting on Instagram. It is a curated site only for my artwork. I've been sequestering, but not hiding. The composite pieces like "Covid Diva" and "Ascension Flu" were all photographed and edited on my iPhone. I can't use Photoshop to save my life, so my hand-held phone does all the work.

"Ascension Flu" was created because of the fatigue people have been talking about. People who are connected to spiritual practices know we are engaged in a tremendous growth spurt. Sometimes when the spiritual stretch is too big or too fast there is unexplained fatigue. We have a more moderate version of this with Zoom fatigue. My healer friends and colleagues have both. I wanted to honor that experience.

I think this next year will ease up quite a bit. We still have a rough patch in late spring but nothing like what we've experienced.

My intuitive sense when creating "Covid Diva" was that she vanishes just as quickly as she came. By late fall this will be a faint memory. All part of her masquerade.

Matruka Sherman, LMSW, ACSW
Instagram: @matrukashermanphotography
Special thanks to my model, Ilana Londry.

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CONSULTANT & PRACTITIONER

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By Rev. Manish Mishra-Marzetti

It was 5 a.m., and I had not yet slept in any meaningful way. I spent the night drifting in and out of wakefulness, my body feeling like it had lost the ability to regulate my temperature: I was simultaneously hot while also experiencing chills. I was on the edges of a migraine, the arm where I had received my second Covid vaccine was too tender to lie on, and periodically nausea washed through me. By 8 a.m. I was crying—from sleepless exhaustion, yes, but also with the deep humility of knowing with one hundred percent certainty that no matter how miserable my night had been, I was going to be okay. What I was experiencing were just the side effects of a vaccine. My access to that vaccine was a deep privilege, especially in a week in which there had been hospital fires, oxygen shortages, and thousands of deaths per day in India, the land of my ancestral heritage.

Yet, there was even more going on with me than the vaccine side effects…'more' than I can necessarily explain. Yearning for rest, physically disoriented in a fever-chill see-saw, I found myself in a deeply liminal space. Information came to me. Guidance. Perhaps it was me, getting in touch with the best of who I am; perhaps it was my ancestors reaching out to support me and share their perspective; perhaps it was me 'vibing' with that cosmic Om, the universal energy of All that Is. I don't know, and ultimately it doesn't matter. It was wisdom to hold on to, to strive to live into.

"It all happens in the blink of an eye." In the cosmic scheme of things any one human lifetime is short. We lose sight of this; I lose sight of this. My gosh, all the petty little things we get preoccupied with, and then spend our time perseverating over. The resentments, slights, opinions, and judgements that we carry with us for years and even decades. This time we have on planet Earth, embodied in this way, is so brief, whatever length of time it may ultimately wind up being. When we lose sight of the fact that our individual existences are just the blink of an eye (the cosmos' eye), we forget to notice the beauty of butterflies. We think that our individual goals/plans are grander than the planet of which we are a part. We become arrogant. We lose humility. The finitude of our existence connects us to humility and the reality that each day of life is a gift from the universe; a chance to think, feel, practice love, and to experience the beauty that exists all around us.

"The puzzle pieces fit." The randomness of life confounds us all at times. Especially when we are fearful or navigating pain/loss. It can be hard—even impossible—to discern any rhyme or reason behind the events we are at times called to move through. Yet, there are also moments when we look back on our lives and are able to connect dots that previously weren't visible to us. Those moments of "aaah, that hard/challenging thing was necessary; it helped get me (or others) here, to something new, different, or beautiful." The puzzle pieces fit—even when we can't see how. Really believing that takes immense trust: in oneself, in others, in all of existence. When that trust is hard to find, we can 'lean in' and 'lean on.' Lean into the 'thing' knowing that there may be more there, more that may be discovered over time or with stillness. 'Leaning on' invites us to know that none of us is truly alone in life's journey. The very earth be-

neath our feet holds us up. Our ancestors are always with us. We live on a planet filled to the brim with human beings: if the ones we are with are not worth leaning on, there is no shortage of other people we could be in relationship with.

"We are yearning for elbow room." We are embedded in structures of social messaging and control. Structures that allow gender-based pay inequity; racial injustice; poverty, homelessness, and starvation; media images of physical beauty that create body shame and alienate us from ourselves; unchecked greed and the hoarding of resources by the few; and on and on. We all 'feel' the impact of these unhealthy social realities, even as something inside us longs—so simply—to just be. 'To be'—in the fullness and authenticity of who and what each of us genuinely is at our best: that inner ground of our higher self, the spark that connects us to the wisdom of the universe, that *thing* that at times gently nudges us in certain directions and/or outright bumps us up against others whenever the possibility exists of it being squelched or crushed. That part of us yearns for enough elbow room to just exist–free from the demands, conditions, and judgements that others impose on us–and one of the greatest gifts we can extend to one other is the openhearted presence (the metaphoric space) that allows that.

"We, as a species, are on a developmental curve." There is much that human beings have gotten wrong. Beyond the very partial list already noted, we have constructed entire ways of life (political, economic, and national security-based philosophies) that normalize selfishness, hoarding, and harm. We have essentially taken the socialized worldview of a toddler, systematized and globalized it: "I have my toys, you have your toys, and life is *great* so long as I have more toys and better toys than you (the Other)." This worldview permanently pits us against one another as a species. Bridging the structural (built-in) selfishness frequently expresses itself as charity—generosity that does nothing to change the structures or patterns of behavior that normalize Othering, one-up'ing, self-centering, and greed. And, yet, we are collectively learning and growing. We are learning to look squarely at the paradigms that are harming our species, even as those paradigms continue to benefit some. The seeds of innovation and evolution, especially at the level of local communities, are increasing. Many of us are supporting one another in growing and stretching beyond where we have already been. Our species is on a developmental curve, and the arc of that curve is much larger than any one of our lifetimes.

"Dance (metaphorically, physically, whatever works) at the joy and wonder of it all." In the midst of the vaccine-induced fever-chills, disorientation, and exhaustion that I experienced, I also felt deeply connected to my loved ones who have predeceased me—grandparents, friends who have been siblings to me, and mentors. In that liminal space, we danced together with a joy that I cannot fully describe. I mean *actually* danced: in my heart, in spirit, whatever it was. It felt like the dancing and the joy were, above all else, what my loved ones wanted me to hold on to: *be* that joy, bring it alive, dance it into existence with others. Since it's all the blink of an eye, anyway, why not dance a spell every now and again? In the Hindu tradition, one metaphor of life is that of *lila*, or play, and across time, distance, and maybe even realities, love, joy, and the spirit of playfulness can endure.

Rev. Manish Mishra-Marzetti is the Senior Minister at the First Unitarian Universalist Congregation of Ann Arbor.

Read Rev. Mishra-Marzetti's essay on cultivating relationships in a time of division in CW Weekly #41. You can find it here.

The Breath

By Deborah Daiek

The Breath is snow that lightly dusts the top of deep rooted pines.
It is the round bud of a plum that blossoms
– spring after spring.
It is a razor white circle of moon slicing through a black sky.
It is a mother's apricot mornings,
As she moves her silver needle through cotton.

It is a self-portrait
– a way to see and be seen
Breathing is the bending willow
and sometimes the brittle piece of straw;
It is the empty bottle that rolls across a parking lot;
It is hot bread and honey- flowers and fruit.
It is meditation.

Breathing is now
Like a ringing bell or a whisper.
All that exists is in the movement of the breath
It is wholly about this moment –
It is learning to accept where we are
Instead of wanting to be anywhere else
But where we are.
The breath is a way to understand
the life-force which moves and buzzes the fly across the wall
Is the same life force that flows within ALL;
We are connected to the fly,
to the bonsai, to a wounded alley cat –
To the cause of its wound,

The breath is self-discovery
and selflessness,
It demands that we empty our cups and
Lengthen our lines;
It is learning how to complete life's' circles
Through giving and receiving, patience .... trust.
The breath is the sacred thread that weaves ALL to everything that is seen, thought, known and believed.
The breath is infinite...
Yet
between its inhalations and exhalations....
lies its true power .....
the pause.

Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson, and Lissa Perrin

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

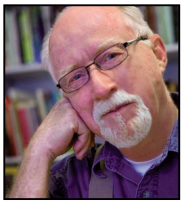
Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

May 26 - Carolyne Wright, a Seattle native, authored ten books of poetry and translated five volumes of poetry translations from Spanish and Bengali. The title poem of *This Dream the World: New & Selected Poems* received a Pushcart Prize and was included in *The Best American Poetry 2009*. She co-edited the anthology, *Raising Lilly Ledbetter: Women Poets Occupy the Workspace*.

June 23 - Kelly Fordon, award-winning writer and teacher from the Detroit metro area, explores personal and class conflicts in city and suburb. Her two recent story collections from Wayne State University Press are *I Have the Answer* and *Garden for the Blind*. Her poetry includes one book, *Goodbye Toothless House*, and three chapbooks. www.kellyfordon.com



July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

From Issue #77

Share the Hearts

By Michael Oliver

As I embarked on my journey into 2020, I found my fellow human beings becoming increasingly angry, fearful, and distrustful of each other. I asked myself this question, "Is this who we really are?" It felt like the negative and dark energy hiding in the shadows finally found a doorway. So many triggers appeared, and they would consistently attempt to flip the switches of light, to darkness. At times it felt terribly dark and other times, it felt like light was returning. It is a battle that continues today, but is not a new battle; it is a different battle.

What is different about this battle, you may ask? Awareness! Yes, we are more aware of what was lurking in the darkness than we were in the past. Humans are waking up! And it is in that process of waking up that we are learning to acknowledge the ways of the past that have been damaging to our species and limiting our growth toward living a life of love and joy. For me, 2020 triggered a deep and self-reflective time. I kept pondering over what I could do to make life for humanity better, and I came up with the Share the Hearts Campaign.

The Share the Hearts Campaign was inspired by Dr. Kenneth McCulley who founded a human potential development program which included a poem titled *I Live Love Every Moment of My Life*. In that poem, Dr. McCulley's primary message was to wake people up to the reality that we all come from the same source and as such, we are all brothers and sisters, one and the same. It was Dr. McCulley's dream that all humans demonstrate, unconditionally, Living Love—performing acts of kindness for their fellow human beings. Motivated by the energy and effort of Dr. McCulley, our team wanted to build a campaign that would operationalize that message to the world.

Sharing a simple wooden heart can make a difference! Every act of kindness, thoughtfulness, caring, and copassion, is an act of living a life of love—as the Beatles once sang, "All We Need is Love." True! What a difference love can make.

Mindtation, a small start-up company, is on a mission to help people find their paths of joy, because when people are living their joy, they live a life that is aligned with who they truly are, living in and experiencing positive synchronicities. We decided that we wanted to do something fun, yet meaningful, to engage people back into love consciousness and help them along with aligning with their true selves.

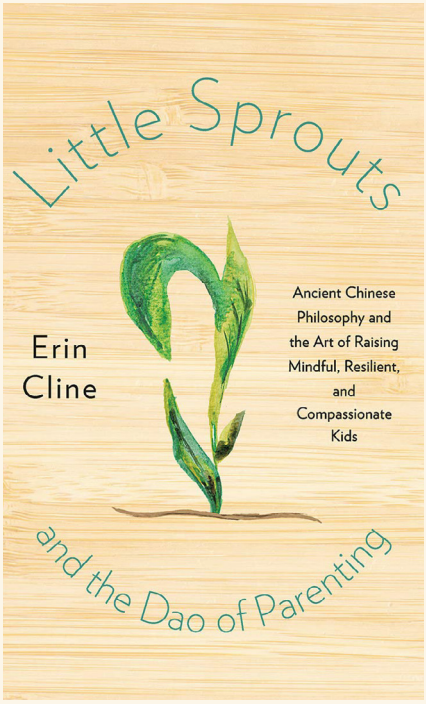
Along with teaching the power of meditation, the breath, mindfulness, intuition and sound, we are initiating the Share the Hearts campaign to help spread loving kindness. Wondering how it works? Small packets of wooden hearts are purchased from our website and then you can give them to people you "catch" doing acts of loving kindness. In the packet, there is a heart and a card explaining the purpose of this event. Each one of us will be the eyes of the change we want to see. This act, this awareness, plants the seed of love and kindness into one's consciousness—making it grow each time it is acknowledged within someone else. Each time a wooden heart is given for an act of kindness, it reinforces love and kindness within yourself (the giver) as well as expanding the consciousness of love in others (the receivers).

At the deepest level, we are all one and the same. *As Peter Yarrow said,* "There is only one river. There is only one sea. And it flows through you, and it flows through me. There is only one people. We are one and the same." The kick-off for Mindtation's Sharing the Hearts Campaign took place on April 9th, 2021. To kick-off the event, Mindtation presented a video providing an overview of what it means to live in joy and love—especially during stressful times and the many benefits that it can bring. The purpose of this campaign is to bring us back to loving kindness and mindfulness...bring us back to awareness of our own humanity.

Let's re-learn how to respond to all situations with love. The goal is to put the intention of Living Love, our Truth, back into the world.

If you are interested in this campaign and would like to learn more, please visit Sharethehearts.com. A percentage of all heart package purchases will be donated to select charities.

Crazy Wisdom Book Pick of the Week


Little Sprouts
Erin Cline
Ancient Chinese Philosophy and the Art of Raising Mindful, Resilient, and Compassionate Kids
and the Dao of Parenting

[Purchase your copy of *Little Sprouts* at shopcrazywisdom.com.]

A philosopher and mother mines classic Daoist and Confucian texts of Chinese philosophy for wisdom relevant to today's parents.

The ancient Chinese philosopher Mencius compared children to tender sprouts, shaped by soil, sunlight, water, and, importantly, the efforts of patient farmers and gardeners. At times children require our protection, other times we must take a step back and allow them to grow. Like sprouts, a child's character, tendencies, virtues, and vices are at once observable and ever-changing.

A practical parenting manual, philosophical reflection on the relationship between parent and child, and necessary response to modern stereotypes of Eastern parenting, Little Sprouts and the Dao of Parenting reconsiders cultural definitions of success and explores how we might support and nourish young people. Engaging deeply with foundational Daoist and Confucian thinkers, Georgetown philosopher Erin Cline offers accessible, provocative musings on key parenting issues. She reveals how ancient Chinese philosophers encourage surprisingly modern values—a love of nature and of learning, mindfulness in everyday interactions, an embrace of disabilities and diversity, and the power of performing rituals with reflection—and relates these to concrete parenting practices, whether celebrating special occasions or finding a child's unique talents and gifts.

Little Sprouts shows how—through the nurturing efforts of parents, grandparents, aunts, uncles, friends, and teachers—we can strengthen innate virtues of compassion, generosity, and individuality in our own tender sprouts. With an engaging and intuitive approach, Cline offers a balanced philosophy that helps us grow into better parents of joyful, fulfilled children.

The spring issue of
The Crazy Wisdom Community Journal
is here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara DesJardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

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The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
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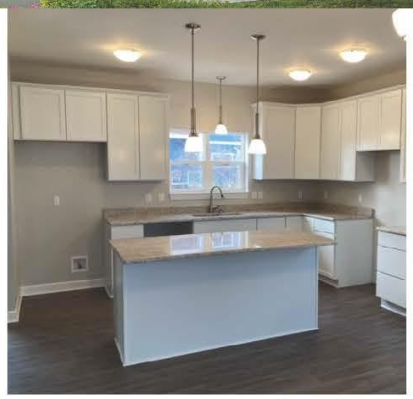
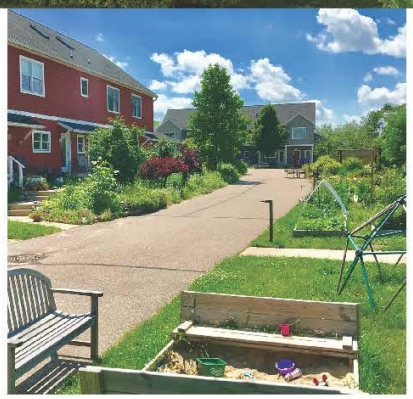
May through August 2021 - Issue 77
Cathy King
— The King Family —
Half a Century of Farming, Making Music, Teaching Yoga, and Building Community
HOLLER FEST
Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid • Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians • Acupuncturist Cynthia Esseichick • Susan Westhoff of Leslie Science Center • Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School • How the Farmers Market Survived • Friends Lake Cooperative Community • Yoga Column • Events Calendar • And More

TOUCHSTONE





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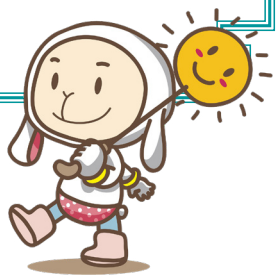
The Crazy Wisdom Weekly Calendar



Animals and Pets

Basic Animal Communication with Judy Liu Ramsey• Saturday, June 19-Sunday, June 20 • 9:00 a.m. • Rediscover your natural telepathic communication skills with step-by-step instruction. In a supportive class environment, learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Class will be online via Zoom format. Required reading: Animal Talk by Penelope Smith. $150/$75 for repeating students. Contact Judy Ramsey via email at ramsey.judy003@yahoo.com or https://JudyRamsey.net.

Art and Craft

Summer Art Class—Just for Fun (4-week course via Zoom) with Sharon Foley Bock • June 3, 10, 17, 24 • 1:30 p.m. • Join fellow art Zoomers in this series designed to help you explore, create, and enjoy methods for fashioning whimsical pieces of 2-dimensional art. Experience not required. YOUR talent is a given. Materials are easily obtained wherever you are, and prompts and techniques will be provided each week. Each two-hour session will lead you through activities that will boost your creative energies while reviewing foundational practices that underlie successful art endeavors. The course is 4 weeks; 2 hours per session. Cost $50. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays: June 14 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: June 6, June 20, July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Three Approaches to Profound Reality with Professor Guy Newland • Every Wednesday in June: June 2, 9, 16, 23, and 30. • 7:00 p.m. • When Buddha meditated on the causes of human suffering and dissatisfaction, he found liberation, which he described as realizing Profound Reality. Professor Newland will contrast three different approaches to getting to Profound Reality by three eminent Tibetan masters: Dolpopa Sherap Gyaltsen, Jamgön Lama Tsongkhapa, and Goram Sönam Senge (more familiarly known as Gorampa). $100 Jewel Heart Members / $125 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org.

Impermanence—Death and Dying (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, June 5 • 9:00 a.m. • Wonderful is life, short its nature (Je Tsongkhapa, 3 Principles). Why dwell on the end of life? We don't know what's on the other side, and if we can prepare, now is the time. By realizing the fragility and beauty of our life, we take more care to appreciate it and make the time we have left count. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org.

Everyday Compassion with Susan Billmaier and Special Guest Brad Vanlandingham. (Karma Jinpa Tarchen) • June 6, 13 • 10:00 a.m. • Compassion literally means to suffer together. It is a concern for the well-being of others; it is our capacity to be open to the reality of suffering and to aspire to its healing. Compassion is similar to other types of emotional understanding such as empathy (a vicarious experience of another person's emotion); altruism (a principle of devotion to the welfare of others); and

benevolence (a desire to do good or promote the happiness of others through kindness and generosity). This class teaches tools to increase capacity for compassion by making it tangible and concrete within everyday situations and relationships. This skill increases personal emotional resiliency and fortitude, which can then be used to increase the quality of compassion in relationship with other people. $54. Contact Susan Billmaier at 734-678-2071 or evenstar.institute@gmail.com. Visit evenstarschalice.com/courses.html for more information.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month May 23 - August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Summer Solstice and Blessing of the Labyrinth with Esther Kennedy, OP • Sunday, June 20 • 3:30 a.m. • Those of us in the Northern hemisphere of our beautiful planet gather to remember our connection to the Sun, source of our light. We celebrate the fullness of life growing in the fields around us. In gratitude for all, we light the Solstice Fire. As it burns, we honor the spiritual fire within each of us. Free and open to all. Contact the Weber Center at 517-266-4000 or visit webercenter@adriandominicans.org.

Children and Young Adults

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg, R.P.T., and Certified Essence Repatterning Practitioner • Sunday, June 13, July 11, August 15 • 1:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, or dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of 1000 Years of Peace. $50 for a 2-hour class; meets one time/month for about a year. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • May 22, 23 or Jul7 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Care-Giver Guidance: Assisting & Honoring the Transition (via video conferencing) with Michelle McLemore, CHTP, Rev. • Monthly on Second Monday: June 14 - August 9. • 30-minute sessions; Time TBD based on group needs. • Care giving is immeasurably important and an honor. Yet, it can be both physically and emotionally challenging. How to respectfully handle declines in your charge's physical and mental abilities? How to understand and support when the veil between here and there becomes thinner? To honor your time, join us for just 30 minutes a month for ideas, a chance to ask questions, share situations, and be supported as you do this physical and spiritual work. Sessions are free, though donations are appreciated. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. $50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Energy and Healing

Intro. to Energy Sensing and Healing with Michelle McLemore, CHTP, Rev • Saturday, June 12 • 1:00 p.m. • What unites all energy modalities and theories? Learn the Earth's and basic human energy anatomy systems. Discover how energy and higher sense perception (aka E.S.P.) relate. Rediscover peace in grounding exercises and joy in sensing and interpreting energy patterns. Practice energy-scanning and healing techniques on-site. Book with a partner or make a new friend in class. 2.5 hour class. $75. ($10 for prior students wanting refresher.) Class size is limited. You may choose to wear a mask, but it will not be required per individual's health needs. You will, at times, be completing exercises within a 6-foot distance of others; during general instruction, chairs will be spaced accordingly to most recent CDC/Health Dept. education recommendations. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • May through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. $10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Life Transitions

Navigating Loss and Grief in Grace with Barbara Hutton • May June 21, July 25 • 12:00 p.m. • A 2-hour class which includes exploration, sharing (totally voluntary) and guided imagery/ meditation. An experience held in the context of Wholeness. $35. Contact Barbara Hutton at 734-223-3485 or bdhutton@ sbcglobal.net.

Meditation

Working with Right Effort, Right Concentration, and Right Mindfulness: Online Meditation Retreat with Insight Meditation Ann Arbor • June 4 • 7 p.m. • We will explore the elements of samadhi – right effort, right mindfulness, and right concentration. The focus will be on experiencing these elements so that we can integrate them into our lives. The retreat will be held via Zoom from 7-9pm on Friday June 4 and 9am-4pm on Saturday June 5. John Cunningham has been teaching meditation for over 20 years. His practice and teaching combines Vipassana, loving-kindness and non-dual teachings from various spiritual traditions. This retreat is offered freely as an act of generosity (dana). An opportunity to donate will be made available during the retreat.
Register at insightmeditationannarbor.org/retreats.

Mornings of Mindfulness with Esther Kennedy, OP • June 5, July 10, August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. $15; $40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Seven Notes: Online Sound Bath with Rob Meyer-Kukan • June 6 • 7:00 p.m. • An exploration of the seven notes of the music scale and a celebration of the instruments at 7 Notes. Join Sound Therapist, Rob Meyer-Kukan for this time of sonic delight designed to help you relax and restore. This sound bath meditation is a donation-based model; to offer a heart-felt donation, visit paypal.me/robmk. To watch or listen to this sound bath meditation, visit youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@ robmeyerkukan.com; robmeyerkukan.com.

Prosperity and Abundance

Doula Business Development Workshop with Patty Brennan • Saturday, June 19 • 8:30 a.m. • Visioning, launching, and growing a business is a creative act. It necessarily involves getting outside of your comfort zone, the humility to be a novice, and a willingness to learn. The payoff is becoming one of those rare people who loves their job, who gets paid for doing work you were born to do, on your own terms. $220; $200 early bird. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Reiki

Reiki Level 2 (In Person) with Julie Sottek • May 29, June 26, July 24, August 21 • 11 a.m.- 6 p.m. • Prerequisite: Reiki Level 1. Level 2 Course is a combination of lecture, discussion, demonstration, and practice time. Each student will experience giving & receiving a complete session using Byosen scanning and the hand placement system. We will practice using all the Reiki 2 symbols as well as the techniques mentioned level 1. Level 2 Course includes certificate and materials. Light snacks and water will be provided. Students should dress comfortably, bring a notebook to journal and lunch. Limited participants. $75 deposit required at registration. $150 Level 2 Only*, $290 Level 1&2. LARA and State of Michigan health protocols will be practiced including face coverings and 6-foot distancing. Contact Julie Sottek at 517-917-7910 or dragonflydeo@gmail.com; dragonflydeo.com.

Retreats

Purposeful Pivots "Movement is medicine" Spring Retreat • Saturday-Sunday, May 22 • 8 a.m. • This year was trying for many of us, but wouldn't you LOVE the opportunity to feel a renewed sense of stability? During our retreat we will ACTIVATE our potential to call any emotional response we desire to feel into our reality! We will MOVE the emotions and SHED what was, NOURISH our nervous systems, EMBODY our ability to know peace and ALLOW ecstatic joy through movement of the body, breath and the soul. Join us for a weekend of MOVEMENT MEDICINE Circle up with your fellow sisters to experience many forms of movement including Yoga, Nia, World dance workout, drumming, meditations, freedom of expression playshops, tribal belly dance, Buti Yoga, Afro-core energizer, laughing yoga, an offering prayer ceremony, and so many more sacred treasures! Visit : "Purposeful Pivot Goddess Retreats" on Facebook to get connected or email coachjulie@kouyatehealingarts.com.

Heart Sutra with Demo Rinpoche • Friday, June 18, Saturday, June 19, 8:30 a.m. to 8 p.m.; Sunday, June 20, 8:30 a.m. to 5 p.m. • The Heart Sutra, one of Buddha's greatest gifts to humanity, is a quintessential teaching on the true nature of reality. $180/Jewel Heart Members, $225/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org/

retreats. For more information, call Jewel Heart at 734-994-3387 or message programs@jewelheart.org. jewelheart.org

The A-B-C's (and D-E-F-G's) of Light Body (2-day course via Zoom) with Karlta Zarley, RN, CHTP • June 19, 8 a.m.-12:30 p.m. and June 20, 1-5:30 p.m. • We will be reviewing the basics about Light Body transformation and then going on to more advanced material. You will get to assess where you are in this process. Registration deadline is June 10. Attendance is limited to the first 12 people so there is plenty of time for Q&A. $110. Contact Karlta Zarley at 734-834-1566 or kzarley88@gmail.com.

Shamanism

Healing with Spiritual Light with Connie Lee Eiland, Shamanic Practitioner • June 12 • 10:00 a.m. • This class teaches transfiguration, bringing quantum physics in as we work with the unlimited powers of the universe. In Healing with Spiritual Light, we become the Light. Healing is through the Law of Resonance. This method doesn't see the client as ill. $180 until May 29, then $220. Contact Connie Lee Eiland at 248-809-3230 or clshebear7@gmail.com; SheWolfShaman.com.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, June 18, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Connecting with Archangels - Parts 1, 2, 3, & 4 with Karen Greenberg, R.P.T., Certified Essence Repatterning Practitioner • Sundays, May 30, June 6, 13, 27 • 9:00 a.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, whom to call for specific assistance, and how to safely call upon them. Connect -- Ask Questions—Often Receive Helpful Information. $180 for all 4 parts. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Catholicity in an Evolving Global Church with Massimo Faggioli, PhD • Thursday, June 10 • 7:00 p.m. • Pope Francis' pontificate represents a threshold: there is a liminality to Francis's papacy that opens Catholicism toward a new sense of the global dimension. This started with his very election in the conclave of 2013 and symbolizes the entire pontificate and its meaning for global Catholicism. This new phase toward a new relationship between Catholicism and globalization means a new comprehension of the geography of the Church, of the relationship with different religious traditions, and civil coexistence in one human family. Open to all. Donations appreciated. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

Stress Management

The Complete Yoga and Meditation Stress Management Course with Ema Stefanova E-RYT500, C-IAYT • Saturday & Sunday, May 29-30 • 12:00 p.m. • Our holistic, well-balanced, evidence-supported courses are the fruit of APD/ YACEP's rich teaching experience internationally in clinical settings, workplaces, at schools and in her own private practice. They consist of easy-to-administer techniques carefully chosen for their benefits and come complete with contraindications. Participants will learn techniques, gain practical skills, and valuable insights, improve and develop fluency, accuracy, confidence, and competence when working with these highly effective techniques. Our courses will equip you with powerful tools to help clients and students manage health, relieve and eliminate stress from daily life, at work, and in the broadest sense possible. See website for cost. Open to the public. Contact Ema at EmaStefanova@cs.com or YogaAndMeditation.com.

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.

Virtual Presentations

Women in Ancient Mesopotamia • Thursday, June 16 • 7 p.m. • Ancient Mesopotamians' great achievements in many scientific fields still impact us and are being used today. However, for a long time the women who helped build this civilization were silenced by historians. As the past one hundred years have shown, these women played larger roles outside the home than previously thought, including holding great political power and religious status. For more information and to register visit the Commerce Township Community Library website.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, June 27, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: June 9, July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Art by Jennifer Carson

Heroism doesn't always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history.

– Mary Roach